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FAMILY HELP-LINE 1-800-THE KIDS

For more information on parenting and children, visit the New Jersey Task Force on Child Abuse and Neglect on-line at www.state.nj.us/humanservices/cap/njcap3.html



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January



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Notes _____

1 **New Year's Day**
A good day for your family to share goals for the coming year.

2 Children know you care when you love them just for being themselves.

3 Help your children find and mark their birthday on this calendar.

4 Don't let kids have all the fun. Join them and play in the snow, make a snowman and snow angels this winter.

5 Donate some of your time this year to a children's organization that needs capable, caring people.

6 Parenting can be the world's most rewarding yet challenging job. Ask for help when you need it. Call 1-800-THE KIDS.

7 Try to find some time for yourself every day. A good time is while your child naps.

8 This year, resolve to correct your children less and connect with them more.

9 Little ones bored? Make hot chocolate and show them how to cut out paper snowflakes.

10 Protect your children from accidental poisoning with regular safety checks to lock away poisonous substances in your home.

11 Open doors to communication with your teen by being an active listener.

12 Make dinner time "sharing time" when everyone describes something special or unusual that happened today.

13 Children are constantly evolving, so make sure your rules "grow" with your child.

14 Ask your local PTA to set up a "family night" about computers, technology and the Internet.

15 Newborns love to be carried close to you — in your arms or in a baby pack.

16 Take a brisk walk when you need to relieve stress and let go of anger.

17 Compliment, praise and encourage your children.

18 Read to your children every day.

19 **Martin Luther King Day** "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin but by the content of their character."
Dr. Martin Luther King Jr.

20 Encourage responsible TV viewing with clear rules of what your children can watch.

21 Create your own support group! Call a friend or relative for a friendly ear.

22 Practice and encourage the values you want your children to live by.

23 Make sure your babysitter knows where first-aid supplies are kept, and a number where to reach you.

24 Bond with your teen — volunteer together!

25 You teach your kids an important lesson when you handle stressful situations calmly and confidently.

26 Cherish and nurture what's special about your child.

27 Smile at your children often. A smile is a powerful nonverbal message of your love.

28 Single parent? Seek help with child care. Don't try to do it all alone. Call 1-800-THE KIDS.

29 Laugh at your children's jokes and let them know you enjoy their sense of humor.

30 Family rules can help make the world feel safe and predictable for young children.

31 Take some time today for an activity you enjoy.